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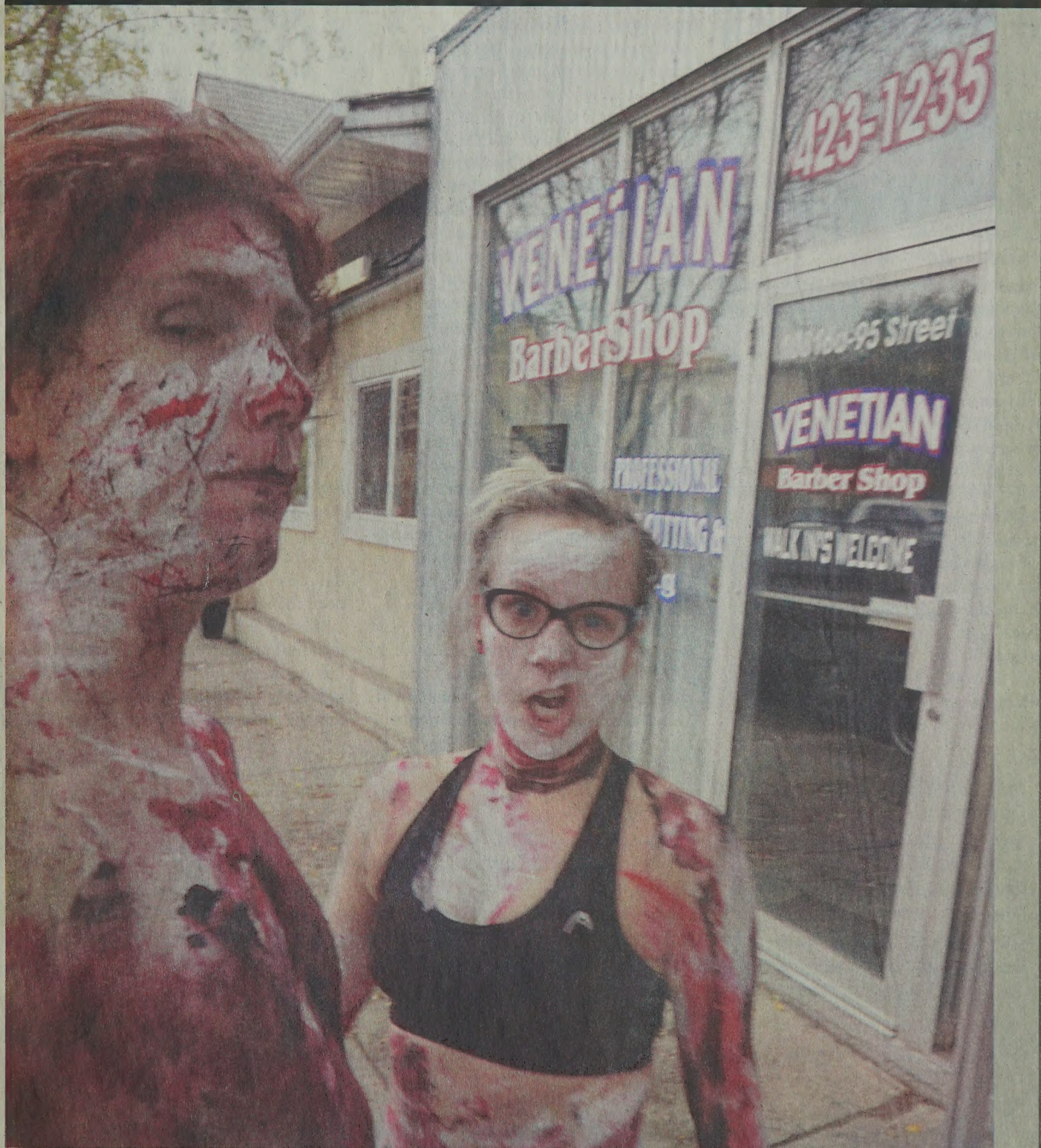
PER PAPER

ALBERTA Street News

VOLUME 12

ISSUE 10

OCTOBER 2015



Protest pays off – police change policy



By Linda Dumont

Last winter Alberta Street News covered the ongoing demonstrations protesting the promotion of Mike Wasylyshen to Sergeant in the Edmonton Police Force in spite of his history of violence including the tasing of Randy Fryingpan in 2004. We also covered the story of the tasing of Randy Fryiongpan in one of our first issues, a story that was later picked up by other media including CBC, the Edmonton Journal and even Amnesty International.

Wasylyshen was promoted to sergeant last December in spite of his past record. At the time criminologist Keith Spencer said, "I am a little bit on the dumbfounded side that he was promoted, but (also) that he is still a police officer Because when you really catalogue his behaviour, it is totally overwhelmingly negative."

Wasylyshen is the son of former Edmonton police chief Bob Wasylyshen. Court records show that at about 2:30 a.m. on Dec. 18, 2005, a "heavily intoxicated" Wasylyshen, who was off duty that night, launched an unprovoked attack on Devin Stacey, who was on crutches following knee surgery, as Stacey attempted to hail a cab on Whyte Avenue. Wasylyshen later punched a security guard from a nearby corner store who intervened in the melee and repeatedly threatened to kill Stacey and the security guard. Both Stacey and the security guard independently told CBC News that Wasylyshen said he could find them and would burn down their houses with their families inside. Wasylyshen pleaded guilty to two counts of assault in April 2009. A charge of uttering threats was dropped by the Crown.

On Nov. 5, 2012, the presiding officer in an internal disciplinary hearing suspended Wasylyshen for 120 hours without pay for insubordination and using excessive force. A decade earlier, Wasylyshen had tasered 16-year-old Randy Fryingpan eight times in 68 seconds while the native teen was passed out drunk in a car. His lawyer read reference letters into the court record that said he had turned his life around by quitting drinking and become an asset to the police service with a gift for leadership. A judge fined him \$500 and refused a defence request for a suspended record, leaving Wasylyshen with a criminal record.

Aboriginal Elder Taz Boucher organized the protests against the promotion of Wasylyshen, saying they would continue

until the issue was addressed. She also attended meetings of the Edmonton Police Commission and studied the policies of the Edmonton City Police. The protests brought the issue to the attention of the public through newspaper and television coverage. Now the policy for promotion of police officers has been changed.

Taz Boucher said, "I honestly believe it wouldn't have been changed without the demonstrations and the media getting the stories out there for the people to read. We addressed the police commission, and we held six or seven demonstrations altogether. I think it all worked towards a larger voice with support from Occupy, Cop Watch, Anonymous Edmonton and social media.

"Some people were afraid to show up for the demonstrations because we were challenging the police. We couldn't get Wasylyshen fired because he was hired before the change in policy but now, with the new policy in place, he can never become chief of police. What kind of police service promotes people who did what he did?"

"We are happy with the new policy. I met with the Police Chief Knecht to talk to him about the policy. He said 'I couldn't do anything about Wasylyshen before with the old policy in place.' Some good did come from this because the policy has been changed."

Boucher also said this is a small measure towards building trust for the police with the Aboriginal people. It also demonstrates that protesting does pay off, and that the citizens do have a voice.

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Cover photo: Whitewash - a performance at Nuit Blanche, photo courtesy of Mile Zero Dance

Deadline for November issue - October 15, 2015

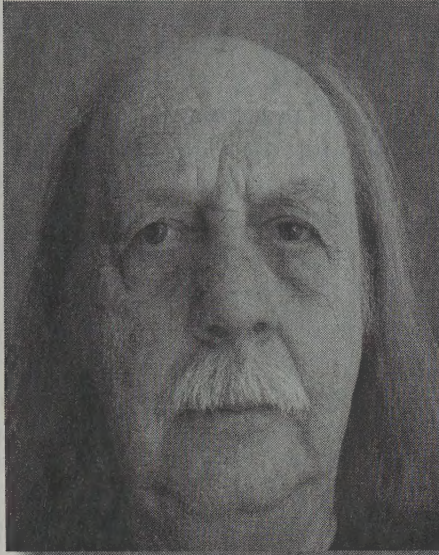
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The views expressed in this issue are those of the contributors.

How many refugees are too many? How much accepting responsibility is too much (or not enough)?



By Allan Sheppard

I begin writing this month's meditation on the state of our nation just after having read (in the Toronto Star on line (Conservatives swing into lead, close in on majority government, new poll suggests, September 24, 2015; tinyurl.com/ns8lz7w) that for the first time in 2015's endless, aimless election cycle, Stephen Harper's Conservatives are leading the polls and may be trending toward another majority government.

That prospect is worrisome, but the apparent reason for it's having arisen now is even more disturbing.

"I think it's in the Quebec City region and I think it's related to the niqab and their (the Conservatives') response to the Syrian refugees," (Leger Marketing pollster Frank) Graves said," according to the Star report.

"The Conservatives have staked out a strong position in the case of a Muslim woman who challenged a government edict that she must remove her niqab in order to take part in a Canadian citizenship ceremony," the Star continues. "The federal rule was struck down in court, but the Tories

intend to appeal the decision and have pledged to bring in a new law if they are re-elected.

"Harper has also taken a go-slow approach to the Syrian refugee crisis, balancing the need to help with the need to ensure the security of the country. Provinces, municipalities and individual benefactors have come forward to complain about federal foot-dragging, but Graves said the cautious approach has paid off with the Tory base."

In other words, the HarperCons have taken advantage of recent events at home and abroad to play race card—or, if that is too strong, the anti-Arab/Anti-Muslim/anti-otherness card—and it seems to be working for them.

It's a two-part strategy that seems to work best in Quebec, for complex cultural and political reasons that, ironically, the HarperCons tend generally to disparage, but catering to which now seems to suit their strategic goals. Part one of the strategy is to exploit the niqab issue, if they gain another majority, in such way as to eviscerate the Charter of Rights and Freedoms. They have pledged to appeal the Supreme Court ruling allowing niqabs to be worn at citizenship ceremonies and, if that fails, to pass new legislation against the practice. In the likely event that the Supreme Court would rule against such legislation, the HarperCons have a politico-nuclear option in their arsenal: use the notwithstanding clause of the Charter to override Charter objections.

The notwithstanding clause has been used by provinces (notably Alberta and Quebec), but it has never been used by a federal government: so far.

Use by a Harper government of the notwithstanding clause would open the door to their and future governments using the clause to override

any part of the Charter they don't like. And we know there are many parts that Harper and his acolytes do not like. Think environment. Think Aboriginal relations. Think crime and punishment. Think... Stephen Harper may or may not have boasted, publicly or in private, that he would change Canada so much we would not recognize it when he finishes. I haven't found an authoritative source for that quote, so it may not be literally true or accurate; but the gist of it seems to me to fairly describe what Harper has done, is doing, and will continue to do in the area of human rights, peacemaking, peacekeeping, and world citizenship generally, if he stays in power.

The Charter is far from perfect. Can we confidently expect or trust Harper to improve it?

Part two of the strategy is to exploit the Syrian refugee issue. The term is actually a shorthand description of a massive movement of refugees and migrants from many other countries than Syria, including Afghanistan, Iraq, and several North African countries. But "Syrian" is sufficiently provocative and pejorative to serve Harper's dark purposes.

Early during the refugee crisis Harper and his minions minced through questions on how many refugees Canada could, would, and should admit and how soon, if ever, it would do anything. The discussion sounded familiar. But it has only been since I began trying to sort my thoughts for this Alberta Street News contribution that I finally made a connection: None is too many.

An extract from a Manitoba Social Studies curriculum guide gives the background:

Continued on page 5

"Clean up on aisle Alberta"

By Timothy Wild

At the end of August, Joe Ceci, the provincial minister of finance, released information on Alberta's financial situation. Given the current price of oil and general global economic uncertainty, the results were sobering but not really surprising. Ceci suggested that the deficit would be close to \$6 billion, a figure that could grow even larger if the price of natural resources remains low. Obviously, the shortfall will have implications for both spending and taxation in this fall's budget.

We are in the middle of another global financial crisis. And there are circumstances beyond the control of a provincial government when it comes to securing levels of revenue. However, the cause of much of our province's financial circumstances was actually "made in Alberta", and is the result of short-term political thinking rather than longer-term economic planning. Ceci's grim message is an indication of the consequences of the political decisions of the Progressive Conservative governments over the last forty years, particularly the last thirty.

For example, the Heritage Savings Trust Fund was, in theory, created to pool profits from natural resources to strengthen and diversify Alberta's economy. Later the legislation was changed to strengthen or diversify Alberta's economy. A significant change to be

sure. However, the current economic situation is a reflection that we haven't really been successful in doing either. We haven't even fully developed our processing and refining potential!

Secondly, the Conservatives, particularly since the Klein-Dinning regime, have developed and implemented corporate taxation policies and royalty regimes that resulted in considerable losses to public revenue from the exploitation of our collective natural resources. This forgone revenue was in the billions. Finally, the flat tax for personal income tax had a larger impact on lower income Albertans while missing the opportunity for fairness in taxation and, once again, increased revenues overall.

All of the above have had an impact on our revenues, and we could quite easily have chosen other options. But the shortsighted ideology of the Conservatives prevailed. Minister Ceci is certainly correct when he locates the source of the current financial problems in the decisions, action and inaction of the previous PC government.

Yet, the right wing parties, both the Progressive Conservatives and the Wild Rose, have painted this deficit as an example of the financial mismanagement / naiveté of the centre-left. And, I would argue that this myth is beginning to seep into broader public perception. In the Calgary-Foothills

by-election, held in early September, Wild Rose obtained 38% of the vote, and the rump Conservatives managed to net 22%. The governing NDP garnered 26%.

Obviously, there are numerous factors for this result, but I hope that it will not cause the NDP to become too cautious in their approach to governing. I am heartened to see that the royalty review is still going ahead and I am eager to see what the provincial budget will hold in terms of both increased spending and increased instruments of revenue.

People voted for the NDP because of two things. They were tired of the direction provided by the Progressive Conservative dynasty. There was a certain amount of cynicism in the electorate. However, more importantly, I would suggest that people also supported the NDP and Premier Notley for more positive reasons. They voted for the party because of their subscription to a vision of a more just and inclusive Alberta. For some, it may be a case of "lending a vote" and seeing what happens. But it provides an opportunity to broaden the circle of inclusion and really attempt to tackle inequality and marginalization in a sustained and strategic manner. Yes, implementation of that vision will certainly have financial costs. But, collectively, we have the ability to pay

for it. And the benefits of "organized justice" (to quote the Labour politician Nye Bevan) certainly outweigh the costs. I hope the NDP stays the course and starts to clean up the mess.

Mission

Edmonton Street News Society provides a voice, employment and social support to those who need these, and communicates perspectives dealing with poverty and social justice, by education and communication activities, including publishing a street newspaper

Values/Beliefs/Guiding Principles

We believe in being inclusive and encouraging
 We believe that human rights are fundamental to living together
 We believe that everyone deserves the opportunity to earn and control their money
 We believe in journalistic and organizational professionalism and integrity
 We believe the public needs to know about issues around poverty and social justice
 We value community and connecting with others
 We value passion and determination
 We believe everyone deserves the opportunity to learn, develop and use communication skills

How many refugees are too many?

Continued from page 3

"None is too many" was the response given by a high-level Canadian government official when asked how many Jews should be accepted into the country, during the time of the Nazi persecution of the Jews. This phrase described the immigration policies of the Canadian government, which closed its doors to Jewish refugees who were fleeing the Holocaust. During the Second World War, Canadian policies were anti-Semitic and Jewish refugees were treated differently than other European refugees. Only 5000 Jewish refugees were allowed to enter Canada during the 12-year period of the German Nazi regime. Most other Allied countries admitted tens of thousands of Jewish immigrants in an attempt to save them from the Holocaust."

The text continues: "It was not until after the war that Canadian immigration policies regarding Jews began to change. Note: F.C. Blair, who was in charge of immigration policies in Canada during World War II, was not the only person in Canada to express anti-Semitic views. The government of William Lyon Mackenzie King saw the acceptance of large numbers of Jewish immigrants as a threat to Canadian society, and many people viewed Jews as being "inassimilable." At that time it was widely believed that Jews would not conform to the laws of the land, nor would they change their cultural and religious beliefs in order to become a part of Canadian society. (Emphasis added.) Sources: Irving Abella and Harold Troper, *None Is Too Many: Canada and the Jews of Europe, 1933 - 1948*. Website of the Canadian Council for Refugees: (tinyurl.com/nph9j57).

Does anything in that ring bells? Alarm bells?

I do not want to equate the desperate circumstances of Jews during the Nazi

Holocaust in Europe with the also desperate plight of Syrian refugees today. Today's refugees do not face deliberate, targeted, industrial-scale genocide. But just as genocide was not understood as the crime against humanity it has rightly become since the Nazi era, what is happening to today's refugees may yet be assessed and characterized according to appropriately harsh judgment.

Nor do I want to minimize what is happening to the refugees or deny the role played by the U.S. and other Western nations, increasingly including Canada, in creating the crisis refugees now face and the impossible choice they now find they must make and force on the West. Western imperial and corporate powers have meddled and muddled in Middle Eastern affairs at least since the beginning of the Great Game for imperial dominance starting in the early 1880s (tinyurl.com/qzgek66; tinyurl.com/o62pn2n). They are still doing it.

There is no reason, other than shameless and desperate trolling for votes, for Harper and his enablers to resist accepting a fair share of refugees from a national and regional conflict in which we have long been complicit, more so under Harper, in fomenting and sustaining. The notion that, by bombing Islamic State and training its enemies on the ground,

we might somehow protect the Syrian masses from the government of Syrian president Bashir al-Assad and other parties to a brutal civil war is breathtaking in its perversity.

How to respond to this atrocious policy and behaviour? Vote. There is no other way.

The HarperCons are masters at suppressing votes that might otherwise go to their election opponents, primarily through negative advertising, manipulation of voter qualifications, and fomenting the politics of fear and anger.

There is only one way to combat such tactics: Vote.

If the HarperCons think you will not vote for them, they will do their best to stop you voting for anyone else.

There is only one way to defeat them in that: Vote.

It is (or was) the Canadian way.



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Police change policy for promotions



Photo of Elder Taz Boucher by Angelique Bransto

A letter to police Chief Knecht

Concerned citizens of Edmonton applauded the recent revision of Edmonton Police Service Criteria and Guidelines for promotion. We now feel more confident that future promotion of officers will be only possible for those without outstanding criminal and Police Act misconduct charges or recent convictions and most importantly, for those whose promotion would not "reasonably affect public confidence in the Edmonton Police Service." This was not the policy when Mike Wasylyshen was promoted and we now understand how the Chief's hands were tied without such a policy.

In January, 2015, a group of concerned citizens with the guidance of lawyer Tom Engel, began an inquiry into and a complaint about the Edmonton Police Service process that led to the promotion of Michael Wasylyshen to Sergeant. His record of criminal assaults and misconduct was public knowledge, and large public protests were a reaction to the announcement of his promotion. Aboriginal Elder

Taz Bouchier, Various members of Occupy Edmonton, Anonymous Edmonton and many concerned citizens felt it inappropriate that someone who had abused his power and compromised the integrity of being a Police Officer would be promoted within the Edmonton Police ranks.

One of the cases that had drawn public attention was the Tasering and the striking in the mouth with the Taser of aboriginal teen Randy Fryingpan who was found asleep in the back seat of a car. He was found guilty in a Police Act hearing of that. Another was when, in a drunken state and off-duty, he attacked a man on crutches and was found guilty criminally and then guilty in a Police Act hearing. His promotion demonstrated to the public a lack of consideration for future potential of misuse of power by Mike Wasylyshen and other Police Officers. It appeared to the public that police brutality and criminal conduct was being rewarded instead of being denounced and punished. As a result of his promotion, many concerned citizens voiced "a lack of confidence" in the Edmonton City Police force.

These same citizens complained to the Chief and the Edmonton Police Commission and were prepared to bring a motion to the Court of Queen's Bench but at

the same time entered into an alternate dispute resolution process. We are very pleased with the result of the latter process and we have accepted that the issue is resolved with the new policy which will keep Mike Wasylyshen and other Police Officers who misuse their position from being promoted in the future.

It is our hope that Mike Wasylyshen will be a responsible contributor to the Edmonton Police Service in his role as Sergeant, with no more incidents such as those that tarnished his past record. We withdraw our demand for his demotion since we know the Chief cannot do that now. In the circumstances, the revision and improvement of the Promotion Process Criteria is a satisfactory resolution of our concern.

We thank Tom Engel and Chief Rod Knecht for their collaborative resolve to restore public confidence in this aspect of Edmonton Police Service.

Taz Bouchier, Elder, SW
Trauma & Bereavement Specialist
NOHKUM WIGEH
Centre for Indigenous Spiritual Preservation & Inclusion
Edmonton, Alberta

Promotion Process Criteria / Guidelines for the Professional Standards Branch Review Processes:

An effective promotional process for the EPS will be one that establishes and ensures successful candidates are suitable by character, as well as competent to supervise, manage and lead in shaping the future of the Edmonton Police Service. It must be remembered promotion is a privilege that is earned and not a right by virtue of membership. Senior management will be responsible and accountable for ensuring the suitability of candidates engaged in the process.

Stage I:

All applications will be reviewed by the candidate's divisional superintendent and the Superintendent I/c of Human Resources Division and the following circumstances may prevent a candidate from continuing in the process:

1. Outstanding criminal charge(s);
2. A finding of deceit contrary to the Police Act;
3. A finding of misconduct contrary to the Police Act within two years of the promotion announcement date;
4. A finding of misconduct contrary to the Police Act during the promotion process;
5. A finding of misconduct contrary to the Police Act while on a list awaiting promotion.

The following may delay a final decision on a candidate's suitability for promotion:

1. Being a subject of a pending disciplinary hearing;
2. Being a subject of an on-going investigation.

The list of candidates moving forward will be brought to the attention of Chief's Committee along with information relevant to suitability.

Stage V (Promotions Announced):

Pending final approval of the promotional list by Chief's Committee, any relevant information pertaining to the timing of a promotion will be brought to Chief's Committee by Human Resources Division or Professional Standards Branch for consideration.



Appendix D

Promotion Process Criteria / Guidelines for the Professional Standards Branch Review Processes:

An effective promotional process for the EPS will be one that establishes and ensures successful candidates are suitable by character, as well as competent to supervise, manage and lead in shaping the future of the Edmonton Police Service. It must be remembered promotion is a privilege that is earned and not a right by virtue of membership. Senior management will be responsible and accountable for ensuring the suitability of candidates engaged in the process.

Stage I (Professional Standards Branch Review):

All candidates are subject to a Professional Standards Branch check and will be reviewed by the Superintendent/Executive Director of Human Resources Division.

The following will preclude a candidate from participating in the promotion process for a period of five (5) years from the date of the following:

1. A finding of guilt for a criminal (Federal) offence;
2. A finding of deceit or an act of deception (i.e. lying) contrary to the Police Act.

The following circumstances may prevent a candidate from continuing in the process:

1. Outstanding criminal (Federal) charge(s) or a finding of guilt beyond the five (5) year preclusion timeframe;
2. A finding of deceit or a deception act contrary to the Police Act beyond the five (5) year preclusion timeframe;
3. A finding of misconduct contrary to the Police Act, with a Hearing, within five (5) years of the promotion announcement date;
4. A finding of misconduct contrary to the Police Act during the promotion process;
5. Any other matter that may reasonably affect public confidence in the Edmonton Police Service.

The following may delay a final decision on a candidate's suitability for promotion:

1. Being a subject of a pending disciplinary hearing;
2. Being a subject of an on-going criminal and/or Professional Standards Branch investigation.

Stage V (Promotion Ratification)

A final Professional Standards Branch review is conducted at the conclusion of Stage IV. Recent Professional Standards Branch investigations pertaining to candidates are reviewed by Chief's Committee. The same criteria as in Stage I will be utilized prior to ratification of promotions.

**Left:
The Old Policy**

**Below:
The New Policy**

If there is a God why do all these terrible things happen?



By Sharon Spencer

How many times have I heard this statement from a non believer in Christ; Why do children die horrible deaths and huge disasters tear up cities, unexpected devastation and death everywhere? If God exists why do these things take place? Well, I'm going to try hard to explain this to you.

God created the earth and when it was completely perfected he created a man and later a woman. They were for his pleasure; they were his family. I guess he was lonely. All the garden

belonged to them except for one tree they were not to touch. God was testing their obedience to him. If you love me you will keep my commandments or rules He says in the bible. There are many facets to God's character. One of the biggest is he cannot sin; he can not come near it just like he is allergic to it. Now because of Adam and Eve, their disobedience allowed sin to come between them and God. And the archenemy Satan, who hates mankind, because of the presence of sin received the key to the earth and opened the door to chaos and misery. His whole mandate is to deceive mankind and take them to hell.

At that time curses and promises were spoken over mankind and the devil. Life would no longer be easy like the garden of Eden - in fact they were cast out of it. But the promise was that someday a Saviour would come to defeat the enemy. And God was separated from man. While the devil came to kill steal and destroy he is the enemy of your destiny.

Then one day Jesus said I'll go to buy back mankind. Lay there sin upon me because only my blood is perfect to take there sin. Because the Bible says there can be no forgiveness without the shedding of blood. So the perfect blood was shed at Calvary; the sin of the world laid on his shoulders. And now we have a choice. We can humble ourselves admit we are sinners and ask Christ into our lives so his blood now covers our sin and we are forgiven on our way to heaven.

I'm told it is better than the garden of Eden. and I should know because I have my only daughter there and there have been many visions of her in heaven. I await our being reunited with her. It is not God causing cancer etc. It is your enemy. Your other choice is to refuse the gift of God and spend eternity in hell. Hell my friend is real. Jesus spoke and warned more about it than Heaven. One thing God gave us is freedom of choice we can choose Heaven or hell the choice is ours.

Novena

St. Claire - Ask for three favours, one business, two impossible. Say nine Hail Mary's for nine days whether you have faith or not. Pray with candle lit, let burn to the end on the ninth day and put this notice in the paper. J.N.

Novena prayer to the Miraculous infant of Prague

Oh, Jesus, who said, "Ask and you shall receive, seek and you shall find, knock and it shall be opened to you" through the intercession of Mary, "Your Most Holy Mother, I knock, I seek, I ask that my prayer be granted. (make your request). Repeat daily for nine days and publish. J.C.

The statue of The Infant of Prague represents a small child clothed in a long robe below which his bare feet can be seen. His sweet face attracts through its beauty. The right hand of the infant Jesus is raised in blessing, the left hand holds a sphere surmounted by a cross that represents the whole world in his hands.

The original statue in Prague was crafted as a wedding gift for the Duchess Maria Manrique de Lara when she came to Bohemia to marry a Bohemian nobleman in 1556. She later gave it to the Discalced Carmelites attached to the church of Our Lady of Victory.

In the past Infant of Prague statues were placed outside their houses the night before the wedding by some brides in Ireland. This was meant to ensure that there would be good weather for their wedding day.



Giving thanks

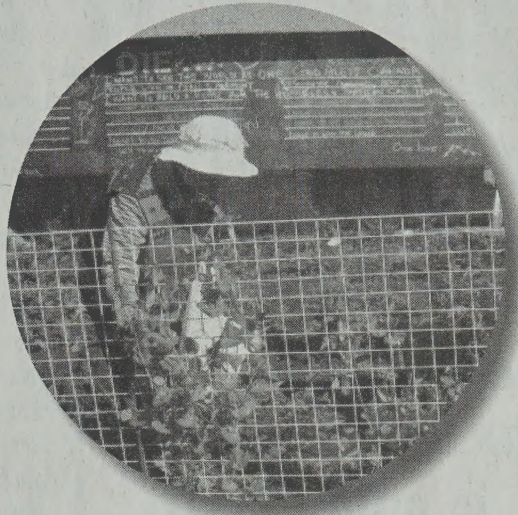
By Joanne Benger

I give thanks for things I don't have that I don't want and I pray for continuing protection from them.
 I give thanks for things I don't have yet that I want for that gives me dreams and goals.
 I give thanks for things I have that I want for that is my idea of success.
 I give thanks for things I have that I no longer want for I now have something to give to others.

Every year I reread my favourite poem, written by an anonymous author:

Thanksgiving

Now God be thanked if you have more
 To thank him for than you had before.
 Or if you know you have less
 That this year brought scant success.
 Then God be thanked for strength of will
 And brains to keep you going still.
 But if your case be worse than that
 If you are left with nothing flat
 If hope be dead and you concede it
 Thank God for humour- you will need it.



Prudent Money Tips

By Joanne Benger

1. Hide your purse.
2. Never lend money to a desperate looking person with lotto tickets in one hand and playing cards in the other.
3. Don't walk around with money in your hand.
4. When you get cash from the ATM, don't count your money in public.
5. Don't forget where you hid your purse.
6. No matter how good the deal sounds, it is best not to send money to that person in Nigeria.
7. Avoid dark alleys at night if you don't want to get robbed.
8. Once you have retrieved your purse in front of people find a new hiding place.
9. When travelling, tuck a five dollar bill into your panty hose in case you get robbed.
10. Count your change and change your pin.
11. If a man with a strange accent phones to do a bank survey, say no.
12. Don't forget your purse's new hiding place.
13. You want to hear "Check enclosed" more often than "your cheque is in the mail."
14. Never store your purse empty for that invites poverty according to superstition.
15. Hide your money in your shoes if your socks are clean.
16. Remember most get rich quick schemes are really get poor fast scams.
17. Pick up coins you see lying on the ground for they are gifts from the angels.
18. It is unlucky to give an empty wallet as a gift so put a coin in it.
19. Doodle dollar signs to attract money.
20. Always start the New Year with cash in your pockets and in your shoes.

The Senility Prayer: Grant me the senility to forget the people I never liked anyway, the good fortune to run into the ones I do and the eyesight to tell the difference.

Controversy and the Baby Blues

By Sid H.

On June 20th, 2001, Russell "Rusty" Yates gave his wife Andrea her medications, kissed his wife goodbye and sped off to work. In an hour his mother would come to help Andrea take care of her five children. Within that hour, however, Andrea drowned each of her children in the bathtub, and quite dramatically put them all in her bed. She called the police officers and her husband to come home immediately. In March 2002 a jury found her guilty of five counts of murder and sentenced her to jail. It was not until 2005 that a psychiatrist looked into this case and realized Andrea Yates,

who had an existing mental illness, was acting on her severe postpartum depression—often coined "the baby blues". As such on July 26th, 2006 she was removed to a mental institution and taken out of jail.

2500 years ago Hippocrates—the father of medicine, stated women felt depressed after delivering a baby due to a back up of menstrual fluid in the brain causing a delirium. While he was not right about the cause he had a point that a disorder existed and is finally being shed more light upon. It is said roughly 5-25% of women suffer from postpartum depression. Postpartum is often classified as feel-

anhedonia.

The most common treatments for this illness are cognitive behavioral therapy and medications. Cognitive behavioral therapy makes the sufferer understand how thoughts, feelings and behaviors intertwine and work together. It teaches important skills such as problem solving, time management, relaxation techniques and realistic thinking.

The most common medications used are anti-depressants which have benefits and risks. Medications tend to aid in sleeping, appetite and energy and when combined with counseling deplete the thoughts that fuel the depression.

No matter how much the truth that postpartum depression is a real illness is stressed there is quite a bit of controversy.

Many people seem to think it is an excuse to force the other parent to take responsibility for the child. Other doctors have stated that women from the dawn of time have been giving birth to babies and while they have suffered the baby blues have never been medicated or counseled as much as in the present. Certain religions such as Scientology state postpartum depression is a state of mind and prohibit medications to be taken before or after pregnancy. Other medical practitioners have stated by medicating a mother the medications may pass on to the child should a mother be breast feeding her baby.

As mentioned above even anti depressants come with a risk. However judging by the effectiveness on how postpartum depression has been treated in the last decade these risks do not overcome the reward.

Hopefully even more light will shed that postpartum depression is a real illness and as mentioned in the first paragraph can even drive a mother to kill, and more expecting mothers will seek treatment.

ing joyful once the baby is born and then feeling an odd void and depression immediately afterwards. Postpartum depression is most likely caused by many factors working together such as family history, age, biological influences, personality and upbringing. There is a positive correlation to childhood abuse and developing postpartum depression.

Thought only to affect females, postpartum depression in fact can affect fathers as well. Postpartum depression also causes social isolation which further adds to feelings of worthlessness and loss of interest in daily things considered enjoyable, also known as

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Where Do The Hummingbirds Go?

By Sharon Austin

I sat in the stillness at the camp and listened. The only sound was the soft whisper of the wind in the fir trees and the murmur of the water spilling over the rocks in the rivers. Then I heard the "plop", "plop" of something big walking in the shallow water. I waited not moving as a young bull moose stepped into view. The water sparkled in circles at his feet and glistened on his dark brown coat. He was young and proud looking as he walked across the river not even knowing I was there.

Next, I heard the tiny rumble of a hummingbird flying by. I had always thought that they flew without a sound but that quiet day I distinctly heard his tiny wings beating the air. The bright green bird was so beautiful as it darted back and forth among the flowers. Where do you go in the winter? I wondered watching the tiny fragile looking bird. I decided to learn more about hummingbirds and I was amazed at what I read. That tiny bird flies all the way to Mexico

in solo flight. Hummingbirds do not fly in flocks but go alone just skimming the tree tops and following rivers. Before they migrate they will swarm flower patches and feeders to fatten up for the long flight. Besides plant nectar hummingbirds also eat mosquitoes and small flies. There is a myth that hummingbirds like to hitch a ride on backs of migrating geese but that is not true.

They make their tiny nests in trees and shrubs, lining the nest with down from seeds, plant fibres or feathers. Spider webs are used to bind the nest together and anchor it to the tree. The outside of the nest is decorated with tiny flowers, seeds, lichens and moss to camouflage it. The hummingbird lays two tiny white eggs and feeds her



young on regurgitated insects for a while before they ever taste nectar.

Only the female cares for the young.

Lately, I have noticed a lot of hummingbirds in the tall pink flowers near my house. I think they are getting ready for their long flight. I will miss their bright beauty and I look forward to their return in the spring.

Are We Disturbed?

By Linda Roan

Is the word, "disturbed" the right word to show concern between right and wrong? The dictionary explains this word as meaning, "anxious, worried or concerned". As we listen to the news broadcasts we can be disturbed about many things, such as climate change, the plight of refugees, the instability of some nations. More personally we can be disturbed by our individual circumstances, such as our finances, health, difficulties in the workplace, and the list can go on.

Recently there has arisen parental concern about the government becoming obsessed with enforcing new fads and experiments on our teachers. The basics of reading, writing and arithmetic are being diminished while

fads take over like discovery math and other programs meant to get students to come to the answer on their own, rather than learning through rote.

Will any answer to a mathematical question do? Does $2+2=5$? Will this method of teaching foster confident adults? How will our children understand right from wrong if any answer they give is right? It is disturbing to think that our children are educated on such shaky ground.

According to a recent study, The Edmonton Public Library Board has announced that currently, less than 57% of Edmonton young children are ready to start kindergarten. Edmonton's children are lagging behind compared to Alberta as a whole. Does this finding disturb us? Let us join

with others and encourage our teachers and education leaders to focus on fundamentals.

Some parents are disturbed and maybe it is time for all of us to be disturbed with them. Let us use our freedoms to speak out for what is right when and where we are able to

FOR SALE - \$500

Female Bengal Kitten, born July 6. Beautiful spots with gold dusted fur - she looks like a little leopard!! Mother is an F6 from Ontario. Sire is a local Bengal. Call Angelique at 780-716-5553

Whitewash tells the story of the Residential Schools through dance

By Linda Dumont, photo courtesy of Mile Zero Dance

First Nations choreographer Shaun Giroux told the story of the residential school experience through a dance performance as part of Nuit Blanche on September 26.

Giroux said, "Whitewash is part of the Truth and Reconciliation series I am working on. This one is about my little grandmother, but it is not just one person, but everyone's grandmother and grandfather across the board. It follows their journey."

"John a. Macdonald went to the US to learn what they were doing there. In 1914 there was a 50% mortality rate in the residential schools. It was genocide."

Giroux dances with Mile Zero Dance that has a studio at 108 - 95 Street. The dance performance spilled out of the studio and into Giovanni Park across the street.

Giroux has been dancing since he was 11 years old, when his mother enrolled him in ballet classes. Since then he has never looked back. He continued to study all different forms of dance including Ukrainian Dance, ballroom dance, belly dance, jazz, modern and ballet. He completed three years of Dance Performance and has a diploma in Dance from Grant McEwan College.



Whitewash follows the journey of a First Nations student from the time when she was taken to the residential school, while she is a student at the residential school, the influence of colonialism on her life, and the final reconciliation with her Aboriginal culture. Dancers wore white paint to represent the goal of the residential school -- to get rid of the Indian in the child and to eliminate the Indian threat to the settlers coming into the west within one generation.

Right: a scene from Whitewash.

Below: Performers dancing the school room scene from Whitewash with the audience watching from outside.

Photos by Khayman Giroux



Your Voice Matters

Make Homelessness a 2015 Election Issue

by Joanne David CFP

Every single person has the right to affordable housing. Think about how you feel about this situation. It is that time! Action time! No better time than now, during our Canadian federal election. Will you vote to solve our Canadian homeless challenge?

ENGAGE YOUR FEDERAL CANDIDATES!

Take the time to meet your federal candidates, write them emails or letters, and attend forums. Ask them where they stand on homelessness and what strategies they will implement.

Below are two examples of how you can engage your candidates with powerful questions.

HOUSING. There is currently a shortage in Edmonton of 22,000 affordable housing units. This is housing for people that cannot afford market options. Federal funding is needed to assist in these housing options, so as to allow people to avoid shelters that may come with health and safety concerns.

Questions for your Candidates:

- Are you committed to assist provinces and municipalities in building new low-rental housing units, and if so how much?
- Would you consider a commitment of \$500 million per year, over ten years, to address our current shortfall?
- How will your government invest and ensure the construction of non-market social housing units for those in need?

HOMELESSNESS. Despite good intentions, local initiatives have failed. In 2012, the PC government vowed to eliminate child poverty within five years and all poverty within ten years. Failed! In 2009, Edmonton launched a plan to end homelessness in ten years. So far, failed. A 2014 report on homelessness indicated that in Edmonton alone 2,178 permanent homes had been secured for 2,909 homeless people in the first five years, yet still there can be found today 2,252 people living on the streets in Edmonton. Financial cuts to homeless programs are rampant,

and the remaining programs only deal with housing and services for people that are in severe chronic condition.

Questions for your Candidates:

- Will your government continue cuts to social programs?
- Will your government increase funding for social programs, drop-in locations, and shelters?
- Will your government provide funding for programs to end homelessness across Canada?
- What is your government position on housing first principle?
- What funding amount is your government committed to?

WHERE DOES THE CITY OF EDMONTON STAND ON HOMELESSNESS?

On Tuesday, September 22, 2015, City Council in Edmonton heard a recommendation of 28 points dealing with the severe need of ending homeless in this great city. These recommendations included:

- A guaranteed annual income for all Canadians, that will provide adequate income to meet basic needs.
- Consider seriously creative housing ideas such as tiny homes, pod apartments, lodges and temporary modular facilities.
- Establish aboriginal culture and wellness centres.
- Enable all people with basic job training.
- Create affordable housing for all people.
- Encourage and enable community-based businesses.
- Provide free public transit for children under 13.
- Expand transportation to less accessible areas, including First Nations.

WHERE DO THE MAJOR FEDERAL PARTIES STAND ON HOMELESSNESS?

Greens: Elizabeth May was the first party leader to make public a detailed housing and homelessness platform during this election campaign, pledging to develop a National Housing Strategy which includes "...concrete steps for a seniors' housing plan, a First Nations plan, a plan for social housing, and for the affordable

market housing..."

Liberals: The Liberals announced an affordable housing platform pledging to implement a National Housing Strategy that "makes direct investments in affordable housing, provides tax incentives to expand affordable rental housing, improves data collection, reviews policies on housing in high-priced markets, and offers more flexibility for new home buyers."

NDP: NDP pledges to "sustain investments in the social housing agreements set to expire" and to provide stable, long-term investment in affordable housing as part of a "renewed national housing strategy." They also promise incentives for the construction of 10,000 affordable and market rental housing units.

Conservatives: No specific homelessness plan revealed. They did pledge to allow first-time home buyers to take better advantage of their RRSP's by withdrawing a larger amount without penalties: increasing from \$25,000 to \$35,000. Not really about homelessness.

Libertarian: No specific homelessness plan revealed. The Libertarian policy is to reduce federal taxes to 15% flat tax, and most services such as health care are the responsibility of the provinces. No mention of homelessness outside it being the free will of individuals to contribute privately as they wish.

(see link in sources section at bottom: about a private trucking company spending their own money to solve homelessness...inspiring)

EVERYONE HAS THE RIGHT TO SECURE, ADEQUATE AND AFFORDABLE HOUSING. MAKE HOUSING AN ISSUE IN THE 2015 FEDERAL ELECTION.

"Most homeless people just need a free room for awhile, then they get a few bucks ahead and move on. It is just so hard to start from zero, and the basic need of a bathroom and a shower. There is a small percent of hard core drunks who are un-

continued on page 15

continued from page 14

housable but we could provide a covered area. One out of every four homeless are veterans. And some of the houseless are in need of medical and phycological [sic] help. But, most just need a little love."

- Doug Boone,

a one time homeless person.

Homelessness is an important issue in our 2015 federal election. What do you think?

Please chat with Joanne and friends at www.JoanneDavid.com/facebook

Sources for our Federal Political Party Positions on Homelessness:

- Green: <https://www.greenparty.ca/en/media-release/2015-08-25/green-party-announces-national-housing-strategy>
- Liberal: <http://www.liberal.ca/real-change/affordable-housing-for-canadians/>
- NDP: <http://www.ndp.ca/news/speech-to-fcm-convention>
- Conservative: <http://us4.campaign-archive2.com/?u=198979fc27672dbfc65fa7c28&id=1ffb3050f0>
- Libertarian: <https://www.libertarian.ca/platform/>

Other Sources of Homelessness Informa-

tion:

- The Edmonton Coalition on Housing and Homelessness (ECOHH) can be reached for more information on party positions, and are hosting a candidate forum the end of September, 2015. <http://www.ecohh.ca/>
- Here is an example of how Vancouver solves homeless for 2,000 homeless people: <http://www.shadowlines.com/shadow-group-community-giving-temporary-homeless-shelters.html#>
- P.S. This trucking company spends their own money to solve homelessness. watch this video: <https://www.youtube.com/watch?v=BtWusCs4FV8#t=71>



Left:

Temporary Housing

Photo by Shadowlines

Nuit Blanche

Nuit Blanche, Edmonton was a free, contemporary art event downtown for one night only (September 26-27, 7pm-4am). Boyle Street Plaza (9538-103A Ave) participated as an independent site, right around the corner from the main festivities at Churchill Square. Quarters Arts Society and Boyle Street Community League held events all night long from visual art, interactive sound installations, and a licensed lounge, to drummers and storytellers around the fire.

Sponsored by Steam Whistle, there was licensed lounge on site. Featuring projection art by Evan Pearce, and photographs by Bill Neis, people could stop by for drink while you're exploring Nuit Blanche.

Quarters Arts is a non-profit society that engages in citizen-led projects that honour the heritage and explore the diversity of the community of Boyle Street. Quarters Arts acknowledges that Boyle Street is a part of Treaty 6 territory and is a traditional meeting ground for many Indigenous peoples.

York Moments - Remembering the York Hotel

The York Hotel was located at 104 Avenue and 96 Street in the heart of historic Boyle Street. Its closure in 2010, and demolition in 2012, inspired Artists-in-Residence Sydney Lancaster and Marian Switzer to revisit the history of the 1913 hotel, turned rooming house - and to some, community hub.

"Carried" is the result of this journey. This sculptural installation featured gel transfer prints of images from the York Hotel. They resemble pieces of paper fluttering down from high above - so high above that it was difficult to see what the pictures were of.

This project has received funding from the Edmonton Heritage Council, Edmonton Arts Council, Edmonton Federation of Community Leagues, and Boyle Street Community League

Connectivity

As part of the inaugural Nuit Blanche Edmonton festival, Ramshackle Day Parade presented Connectivity. Created by Brendan Anderson, Parker Thiessen and Abram Hindle, it combined elements of live performance and sound installation to reflect on the ways art is influenced by the communities and physical environments in which it is created, and on the symbiotic relationship between audiences and performers.

Our Beliefs Create Our Reality



By Maria B.

Being aware of this fact surely open a whole world of possibilities, not only that but allows us to have the control to make the changes that are necessary to improve our lives.

The fact is that we can not take responsibility for our lives until we stop blaming everybody for what we have gone through. When we were children we did not have the power nor the possibility to take responsibility for what was happening but as soon as we found ourselves in the world of adulthood, the primary responsibility to change things became our own. But one may ask how can I change things if I do not even understand what it has happened to me, I just know that I am a victim?

WE HAVE CHOICES

We Can choose to sit in the victim place and feel sorry for ourselves, nursing feelings of fear, anger and anxiety or we can make the decision

to heal ourselves and read as much as we can in order to see things clearly and we can decide what we want to change.

CHANGES

We have to realize that we can not change anyone else; the only person that we can change is ourself, so we can learn how to change our attitude and not to allow what other people say to hurt us or to define us. I feel that we are incredible human beings with the power to do anything that we set our minds to do. We

were born with incredible potential but we just have to decide to develop it.

OUR CORE BELIEFS

These beliefs about us are not the truth of who we are, these core beliefs are what our parents believed we were because they were inexperienced and ignorant about parenting and the only thing they did is strip us of all the potentials that we were born. They needed to control us and makes us behave like well trained puppies. When they were unable to make us do what they wanted, they resorted to calling us horrible names, hitting us and treating us like animals. They demanded respect but a parent can only command respects not demand it. Lets put ourselves in the shoes of a child; how would we like to be called bad for everything that we did? At the end you start believing all their incongruous beliefs about yourself and in order to

heal ourselves we have to realize that we can change our core beliefs and remind ourselves that:

WE ARE INCREDIBLE HUMAN BEINGS AND THAT WE DESERVE TO BE TREATED WITH DIGNITY AND RESPECT.

I can assure you that it is incredibly rewarding to change the core beliefs that were attached to us as labels on a jar.

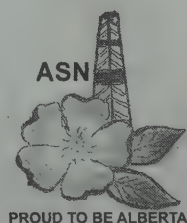
Take some time and write down all the core beliefs that you have been holding on for generations and question every one of them.

I have never met a parent that actually confessed to their wrong doings but we know and we do not need their confession, we just need ourselves to believe in us.

One thing that we should be abundantly clear is the fact that the quality of our life is a reflection of the quality of our beliefs about:

WHO WE ARE AND WHAT WE ARE CAPABLE ACCOMPLISHING.

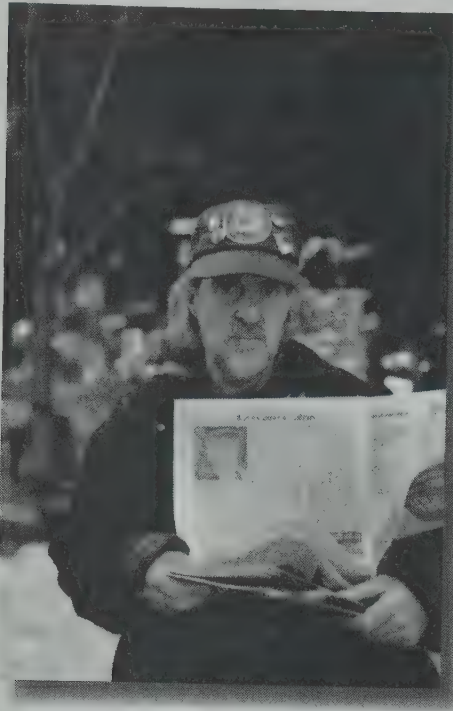
Empowering beliefs will change the results you produce in your life.



PROUD TO BE ALBERTAN

Rob's Corner

By Robert Champion



Fall is just arrived, winter is not far off

One thing about summer, especially if you live in the prairies, it goes by fairly quickly. The days keep getting shorter and shorter and soon it will be time to turn those clocks back to standard time and soon the sky will be full of honking geese heading south to their winter homes. Hockey season is not too far off!

What's on my mind?

It's been or was a pretty good summer. Made some new friends, got to hang out with most of the friends I already had. Did a lot of bike riding, pretty well every day. Spent my summer in Calgary.

This upcoming election is the longest in Canadian history is what I heard. Some say too long. Canadians are now geared up since after the Labour Day weekend. So far it's a pretty tight race between the three major parties – a real horse race.

Rob's First Say of the Day

Lessons learned over time:

Don't take your friends for granted.

Don't purposefully take advantage of them.

Listen to what they have to say and keep an open mind. Don't dig for information, take whatever they give you and accept it.

Friends are so important, especially if you have no family to turn to, as in my case.

Say of the Day

It happens all the time. Friends come and go. It's just part of being human. You miss them, you think about them, you have fond memories of them. You sometimes wish they were still around.

Feelings and emotions

Happiness is being with friends and family, sharing stories, thoughts and ideas. Loneliness is a feeling of emptiness after the loss of a spouse, family member or friends. Fear is not knowing what lies ahead, scared that I may be alone for the rest of my life. Hope is that I will continue to have good friends in my life and make new ones, that I will someday meet that special someone and start a new life, someone to spend the rest of my life with.

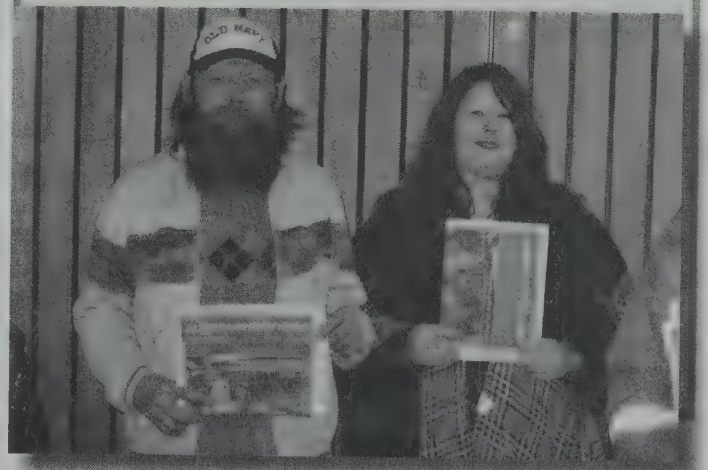
Last say of the day

There is such a lack of affordable housing right across Canada. In some provinces parents are spending up to \$10,000 a year for day care. More and more adult children are living at home with their parents, partly due to the high cost of rent, lack of affordable housing and the high cost of education.

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Parkinson Flexxaire Step 'N Stride Run and Walk raised over \$90,000 for Parkinson Alberta programs, services and research

Story and photo by John Zapanis

Parkinson's disease survivor Ed Langlois, 71, is not one to curl up into a ball and die a horrible, slow, agonizing death. Langlois, like a lot of Parkinson's survivors, is seriously determined in challenging his disorder. Langlois is retired. He once was employed with Great Canadian Oil Sands, where he had the occupational title of manager of operational services. He's been married for 50 years and has two children and four grandchildren.

Langlois was one of the more than 300 run and walk participants, who participated in the Parkinson Flexxaire Step and Stride Run and Walk hosted and organized by Parkinson Alberta at Rundle Park in Edmonton. The two day fundraising event was held on Saturday, September 12th and 13th. The event started with registration at 9 a.m. for run and walk participants, followed by a run and walk that commenced at 11 a.m., consisting of a 1, 3 and 5 kilometer walk and a run that offered a 5 and 10 kilometer running track around Rundle Park.

Parkinson's survivor Ed Langlois was interviewed an hour before he set out on his 3 kilometer walk. Prior to his walk, he raised \$1,997 in pledges for the cause. The Parkinson's survivor was first diagnosed for the disease at age 59 in 2003. There's no history of Parkinson's in his immediate family, though one of his uncles was once diagnosed for Parkinson's. Three years prior to being diagnosed for Parkinson's he noticed some odd symptoms that were starting to affect his physical performance in the work place.

In an interview with ASN, Langlois spoke about the type of symptoms that encouraged him to see a doctor to seek a diagnosis. Langlois said, "I

was diagnosed in 2003. I noticed that my handwriting in the year 2000 was starting to go. My writing was getting smaller and I had a slight tremor in my right arm and a loss of smell. Those are the three things that I noticed most."

While he was experiencing these crippling symptoms, at the same time the oil company that he was working for was selling all the company's pipelines, forcing him to retire at age 59. He was compensated with a company retirement package.

When he went to see a doctor about his symptoms, the doctor referred him to see a neurologist to determine what the cause was. It was from that battery of tests that he was finally diagnosed with Idiopathic Parkinson's disease.

His Parkinson's in the last two years has gotten progressively worse with him experiencing another symptom affecting his facial muscles.

Langlois said, "It's a muscle problem in my facial muscles. I drool a lot. So I've had shots in the saliva glands and I've got tremors in my jaw."

Despite his inability to physically function at times, that doesn't stop him from living his life to his fullest, Langlois said, "I consider myself one of the lucky ones, because I still do wood working. I still do my hobbies. I can still drive. So I've been blessed that way."

Since his diagnosis, he's been placed on Parkinson's medications that help stabilize his disorder, but don't do anything for his deteriorating hand writing. Langlois said, "My hand writing started off good. Then it got smaller and to the point like today - I can't read my hand writing. So even the Parkinson's drugs that I take do not improve or enhance my hand writing at all."

Langlois continues to take his Parkinson's medications that seem to have control over other aspects of bodily malfunction.

The determined and courageous Edmonton senior refuses to give in to this dreadful disease and uses exercise as a way of preventing this enemy from taking him down, Langlois said, "The main thing, they've found out in getting a handle on this chronic, progressive disease is that exercise helps. So I work out at the gym, three days a week. I try pole walking once or twice a week and that makes a big difference. You have to stay active. If you sit down and let it take you over, you're going to lose the battle. You have to maintain a positive attitude."

He's made a breakthrough in controlling his tremors through his wood working hobby. About beating the odds in this department, Langlois said, "I do wood working. I started wood turning, which a lot of people find hard to believe, because of the tremors. I have a resting tremor. If I go into an action position, my tremor stops."

Langlois has achieved a lot in giving back to the Parkinson's community. He's involved in support programs, where he's attended various Parkinson's support groups and has spoken about his battles with Parkinson's disease. He's also written articles for the quarterly newsletter owned by Parkinson Alberta called Parkinson Plus that features an array of stories on Parkinson related issues and fundraising events throughout Alberta. His journey with this disorder gives him a new purpose in life that is helping to make a big difference in the Edmonton Parkinson's community.

The Parkinson Flexxaire Step 'N Stride Run and Walk hosted a stage presentation right after-

the completion of the run and walk. During the stage presentations several keynote speakers gave their greetings on Parkinson's disease. 630 CHED radio personality Bruce Bowie acted as the events MC, introducing three keynote speakers to the stage, including Sherwood Park MLA Annie McKittrick, Edmonton City Councillor Dave Loken and Parkinson's survivor Cliff Burns.

Cliff Burns gave his heart felt greeting and spoke about his mother's struggles with Parkinson's and his own struggle with the disease. Burns said, "My personal struggle with this disease goes back to 1972, when my mom was diagnosed with Parkinson's. She lived and she lived very well with Parkinson's for the better part of 36, or 37 years. She was 36, when she was diagnosed. She was still breaking

horses when she was 65. They gave me the same diagnosis 15 years ago. Our family is familiar with the game. Parkinson Alberta is a grass roots organization. We worked with the development of Parkinson's up from the grass roots and that's you folks, everybody that's involved in the fundraising, the participation and the friendships and the people that work for Parkinson Alberta, providing services for people in Alberta with Parkinson's. That's our grass roots. That's what counts. The board of directors for Parkinson Alberta. They've asked me to read a message to you. I'm going to do that right now. On behalf of Parkinson Alberta, I want to welcome everybody to the 2015 Flexxaire Parkinson Step 'N Stride at Parkinson Alberta. The ability to model and move to join movements is something we come

to promote and share and celebrate. There's no truer example of this then our annual Flexxaire Step 'N Stride. Every September Albertans across our province and beyond, gather to raise funds and awareness, and to celebrate movement and forward motion in the face of Parkinson's disease. That's all we can do.

"Step 'N Stride is our biggest and most important fundraiser of the year. The funds we receive through this event are vital. The money you raise helps us to provide the best support services to Albertans with Parkinson's disease and their families as well as research that's essential to a brighter future, a future ultimately without Parkinson's. So a big thank you to all of you for your time and enthusiasm, your joy and commitment - **Continued n page 20**



The 2015 Parkinson Flexxaire Step 'N StrideRun and Walk started its run and walk at 11 a.m. on September 12th at Rundle Park in Edmonton. Runners here take off on their 5 to 10 kilometer journey in the fight to find a cure for Parkinson's disease.

OPINION - A Word About Reality

By Rodney Graham

This is a little story about how our society is twisted, skewed, and how the poor suffer and the wicked thrive. And how no one wants to know.

I have a friend. I met her last summer. Won't say which city. She was born in Canada and moved with her family to Washington State. When she was older she came to Canada a lot because she loved the outdoors and the national parks. She loved to hike and canoe among other outdoor activities.

One day, when she was canoeing she had an accident and became, and is now, partially disabled and can't walk much. Because she had dual citizenship, she moved to a city in Canada and lived here. The healthcare can be better, but not always. In principle, it is. But this is not about healthcare, not really.

After she had lived here a number of years her landlord started trying to flirt with her. After a few months he became incessant and demanded to visit her. She finally told him that he was starting to annoy her too much. He then contacted her social workers and health care workers and told them lies about her. At first they ignored him. Then he hired a private investigator. This private eye spied on her - legally - and found out a lot about her. Then the landlord tried to blackmail her. It didn't work. She was innocent of any wrong doing. So the landlord hired the private-i again. He even hired another one, too, from another

security firm that employs and uses private investigators.

They gave this evil man all the information they could find on the woman. Who her friends are, what her schedule is, her private business like her banks, interests, spending, shopping.. wherever she went - they knew it. But he was still unable to cause her any trouble because she was innocent of any wrongdoing, which is rare in this day and age actually. We all have skeletons in the closet. But she was pure. Innocent.

So he damaged her small truck. Not once, but several times. Her insurance went up a lot. It caused her a lot of stress. He also bribed city officials to come and inspect her apartment numerous times. Even the city fire department. He always found someone to oblige him. Every 'man' has his price.

She was, and is still unable to move. In most provinces a disabled person has to prove with overwhelming evidence that they need to move. She has to prove she is in 'imminent danger' - which a poor person - without the aid of resources - cannot do. And, of course, I'm sure the bureaucrats in social services know that too. She can't get around well, she's poor, and she's now addicted to painkillers and tranquilizers that were prescribed for stress/depression.

Of course, being poor, she can't hire a private investigator can she... no, of course not. Which brings me to

the topic of this 'sermon' today.. Titled - A Word About Reality.. She tried to complain to various people of course, but they demanded proof. No proof without money for a private eye. Get the picture?

I have friends who watch/watched television shows. Shows like Law and Order, CSI, and Undercover. I hear there are others now like True Detective, and Justified now that are just as popular. There are dozens of them. Very exciting, titillating, entertaining - But complete bullshit!! 90% of what you see is that. It's pure fiction. Not only that, but it portrays evil people as good. Conversely, it portrays very often, good people, often poor people, as scumbags...

This is the end of today's sermon folks. It was simple and to the point. It's too much to expect anyone will learn anything from it. The ones who know about reality are already grown up and out of trouble most likely. They don't need the teaching. And the ones who are ignorant of it all - well, they are the ones who make up the majority of society. They believe what they want to believe and just ignore the truth.

So why say or write anything like this? Conscience. It wouldn't be a real sermon without a scripture would it... 'Woe to those who call evil good and good evil, who put darkness for light and light for darkness, who put bitter for sweet and sweet for bitter!' ~ (Isaiah 50:20 ESV)

Parkinson Flexxaire continued from page 19

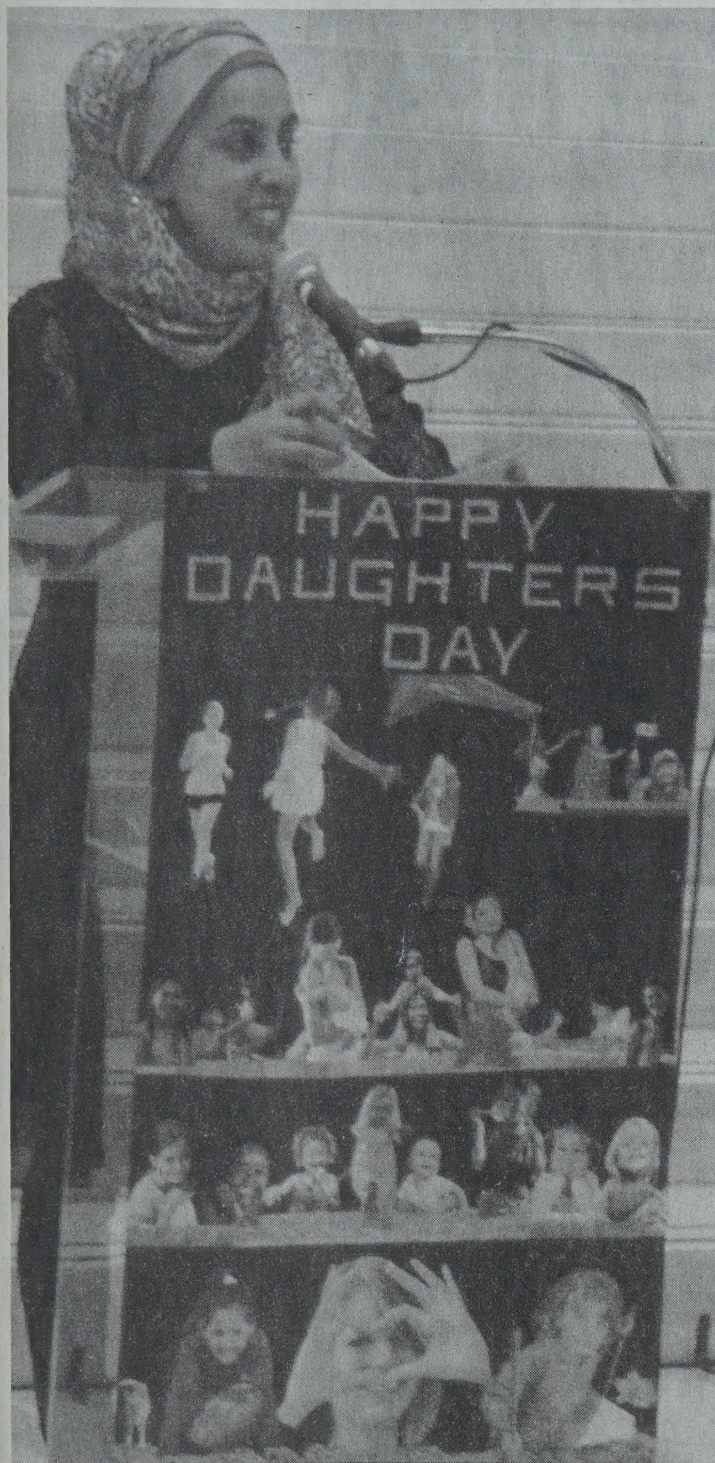
and people and families that are impacted by Parkinson's. I'm grateful for your support. Step 'N Stride is a great fundraiser and also a motivator to keep Albertans with Parkinson's disease moving forwards, step by step, stride by stride. You've made that all come true today. So again thank you

and we will see you at the 4th annual Step 'N Stride next year on September 10th and 11th. Together we're going to come a step forwards to make a difference in Alberta for Parkinson's disease. Thank you all for coming today."

The fundraising walk wouldn't have been possible if it weren't for the compassionate and generous support of local business sponsors, who donated various resources for the events opera-

tions. Thanks also to the many Parkinson's volunteers and pledge donors, who gave their time and effort helping to make this event the success it was once again. Altogether, over \$90,000 in pledges was raised by over 300 runners and walkers. Money raised from this event will go to support Parkinson's programs, services and research.

Daughters' Day celebrates Women's achievements



By Linda Dumont

Canadian author and film maker Zarqa Nawaz was the keynote speaker at the fourth annual Daughters Day celebration at City Hall August 29. This year six women received the Daughters' Day award for their work in community development. They are: Karen Smith, Yessy Byl, Kristina De Guzman, Leslie Weigl from Edmonton, Sheliza Kassam from Calgary and Fort McMurray high school student Malja Najmi Beauchamp.

Zarqa Nawaz, is a Canadian writer and film maker best known for the hit CBC sitcom series *Little Mosque on the Prairie*. Stating the importance of Daughters Day, Zarqa said, "As a mother of two daughters, I know how important it is to invest in projects that empower the work that our daughters do. I'm proud to be part of this year's Daughters Day festivities. Strong women equal strong communities."

In 2005, Ms Nawaz made the ground-breaking documentary *Me and the Mosque* for National Film Board of Canada stating challenges Muslim women face with patriarchy in the mosque, which inspired the hit CBC series *Little Mosque on the Prairie*, the world's first sitcom about a Muslim community living in the west.

The accolade ceremony was presided by Dr Jodi Abbott, president of Norquest College where 80 per cent of the students are women. The program showcased spectacular performance by talented local musicians and dancers. An extensive artistic exhibit of domestic violence on immigrant women in Edmonton was on display.

Daughters Day is an initiative of Canadians for a Civil Society that began with a celebration on September 1, 2012, in Edmonton's Churchill Square to honour the importance of daughters in our lives. It aims to end gender discrimination, share messages to respect human rights of girls and women, and to abhor violence against them. Supported by survivors, activists, academics and many more campaigners – Daughters Day is now evolving as a popular grassroots community building effort for Alberta women.

Correction: Re: The Seniors Assisted Transportaion Society has seniors helping seniors in the September issue of Alberta StreetNews.

Alberta Street News offers a sincere apology to John Zapantis for omitting the by-line for his story and photograph in the Septmber issue. We appreciate the continued support of our writers. LD, Editor, ASN



I am thankful for so much

By Angelique Branstion

Thanksgiving for me is a time to join with my family and share a meal, and remember all the things that have been good in ours lives. For myself, I am thankful that I have a mother who is alive, and loves me, and my siblings very much. I am thankful that my younger sister is also my best friend, and that I have a handsome son who is happy and healthy. I am grateful I am alive, and have a roof over my head.

I am thankful that I was lucky enough to be born in Canada. My country is not war torn, and everyone that I know, regardless of whether they are homeless or well to do, has clean drinking water. I am thankful that while racism still occurs it is no longer the acceptable behaviour of a person alive in this day and age. I am thankful for the freedom that we can live our lives in, and the beautiful trees and wildlife that fill this province for us to take care of and enjoy. I am thankful for the friends I have made while selling the paper, and the brighter outlook on life I have gained since selling the paper, mainly that there are still people who care and look after others even when they do not personally know them. No one knows how long in this world any of us has or what the future may hold. All any of us can do is to cherish the people in our lives who enrich our lives, and the loyal pets that stay by our side with loving eyes on us. no matter what.

Remedies and weight control

By Linda Dumont

Every magazine I see back of the check out counter has headlines with new weight loss products, tea, food, and exercise. "Lose 20 pounds by Christmas," "Lose 14 pounds in 14 Days" the headlines scream.

If I read what I am to eat and drink to achieve those goals, and tried every piece of advice, I would be able to do

nothing else all day long. It would take that long to snack through all the different types of tea, protien snacks, herbs, spices, and fruit not to mention the regime of exercises.

On top of that there are all of those other helpful bits of advice - how to cure insomnia, how to get rid of belly fat, how to rev up your thyroid, how to prevent heart attacks, how to relieve stress. I find it stressful just reading all of the things I am supposed to be eat-

ing and doing! And on TV we have more - Dr. Oz and a host of programs on self improvement.

I have my own method of stress relief - avoid reading and watching all the helpful advice stuff, donate your self improvement books to the thrift shop and just be OK. That leaves time for more important things, like publishing a newspaper, painting, friends, family and just being happy!

MEALS AND RESOURCES IN CALGARY

Drop-In Centre 1,4th Avenue SE
All clients of The DI may access meal services. Meals and snacks are provided at no charge to anyone in need. Food service is offered on the 2nd Floor daily, 365 days a year. Clients who are unable to attend regular meal service due to work or school commitments, or other verifiable appointments can receive a bagged lunch. Bagged lunches can be arranged by request to any staff person, or through the Day Office located on the 2nd Floor.
Meal Schedules
Breakfast - 7:00 a.m.
Snack - 9:30 a.m.
Lunch - 12:00 p.m.
Snack - 3:30 p.m.
Dinner - 6:00 p.m.

Center of Hope 420, 9th Avenue SE
Free for clients
Open to public for small charge
Breakfast: \$2.50
Lunch: \$3.00
Dinner: \$4.50

Emergency Meals (24 & Under)

EXIT Community Outreach
117-7th Avenue SW, Calgary
403-262-9953
Sunday 1:00 pm - 5:00 p.m.
Emergency Meals -

Youth Shelter
11216 Ave NE, Calgary
7 days/week - 4:00 pm - 9:00 p.m.

Community Supports
Streetlight - Youth for Christ
Parks at 10th ave & 1 st Street SE
Monday & Thursday
Emergency Meals

Alex Community Health Centre
Unit 101, 1318 Centre Street NE
403-266-2622
Thursdays Only - 10:30 a.m.
Food Bank

Calgary Inter-Faith Food Bank
403-253-2055
Food Hamper

NeighbourLink Calgary
403-209-1930
Food Bank

Calgary Inter-Faith Food Bank
403-253-2059
Food Bank

Calgary Poppy Fund and Veterans
Food Bank
Monday - Friday 10:00 am - 3:00 pm
Food Bank

Muslim Families Network
Society: Halal Food
403-466-6367
www.MuslimFamiliesNetwork.com
- Food Hamper
St. Edmund's Anglican Church
8336-34th Ave NW
Monday & Thursday
09:00 am - 12:00 Noon
Community Meals

Inn from the Cold
403-263-8384
Emergency Food

CUPS (Calgary Urban Project Society)
128-7th Avenue SE
Food Hamper & Meals

Feed the Hungry, St. Mary's Cathedral
Sunday Dinner
3:30 pm - 5:00 p.m.

Calgary Street Church
Monday - 6:00pm,
Wednesday 11:00a.m.
Friday - 6:00pm Sunday, 1:00
Meals on the street outside City Hall
p.m.

Bissell Centre
10527-96 Street 780-423-2285
Monday to Friday 10:00 a.m. - sandwich
snack 2 and 6 Monday to Friday
Tuesday and Thursday noon - hot lunch for women

Inner City Pastoral Ministry
10527 - 96 Street (Bissell Centre)
Lunch (sandwiches, fruit, veggies and desserts) Sunday noon to 1 p.m. after the church service.

Christ Church
12116-102 Avenue
780-488-1118
3rd Saturday of the month 5:30 meal

Lighthouse Ministries
3010-119 Avenue 780-423-1277 or
780-474-8086
Wednesday and Sunday 1:00 and 7:00 p.m. meal

Hope Mission 780-422-2018
Daily 7:00 to 7:45 a.m. - breakfast
Noon - lunch 5:00 to 6:30 p.m. - supper

All Saints' Anglican Cathedral
10035 - 103 Street 780-428-6323
Thursday 12:45 p.m., Lunch
Friday 7:30 - 9:30 a.m.,
Breakfast (November to March)

St. Peter's Lutheran Church
9806 - 110 Avenue 780-428-1122
Tuesday, Wednesday and Thursday
7:00 to 9:00 a.m. breakfast

FREE MEALS IN EDMONTON

Marian Centre
10528-96 Street, 780-424-3544
Daily except Wednesday
12:00 to 12:45 p.m. meal
Closed from the 27th of each month to re-open the 1st of next month

The Mustard Seed
10636-96 Street 780-426-5600
Monday to Friday 7:00 to 8:00 supper
Zero tolerance of alcohol

Operation Friendship
9526-106 Avenue 780-429-2626
Monday to Friday 9:00 a.m. breakfast
Monday to Sunday 12:00 noon lunch
5:00 p.m. supper for seniors 55 and over only

Red Road Healing Society
4225-118 Avenue 780-471-3220
Tuesday and Thursday 5:00 p.m. meal
Friday - 12:00 to 1:00 soup and ban-nock

Robertson Wesley United Church
10209 - 123 Street
780-482-1587
Second Saturday of each month 5:00 p.m. meal

Salvation Army
9620-101A Avenue 780-242-9222
7:00 to 9:00 p.m. - lunch - Monday and Friday 83 Avenue - 104 Street (parking lot!)

St. Faith's Anglican
11725-93 Street - parish hall 780-477-5931
Thursday - 12:30 p.m. soup
Saturday - 8:30 to 10:00 a.m. breakfast
3rd Friday of the month - 7:00 supper

Victory Café and Soup Bar
13411- Fort Road
Monday - 5:30 to 6:45 meal

Edmonton Orthodox Reformed Church
11610 - 95A St. 780-4745091
Info: Pete Wright - 479-1860
Thursdays 6:15 Soup & Study

B's Diner
100 Street and Whyte Avenue, 780-414-6040
Wednesdays 1 to 3 p.m. meals

Jasper Place Health and Wellness Centre
780-4814001
15210-Stoney Plain Road
meals Tuesdays 6 to 7 p.m.

Boyle Street Community Services
780-424 - 4106 10116 - 105 Ave
From November to April
Mon to Sun 7 a.m. breakfast
11:30 lunch
Summer - just 11:30 lunch - Monday to Friday

Street Life in Edmonton: Stories of Resilience

A report from ECOHH

Street Life in Edmonton: Stories of Resilience is a research project that was completed for and funded by Homeward Trust. The research was designed to address the question: What are the gaps in current services as identified by individuals over 40 with extensive street experience and continuing challenges?

Ten residents of Edmonton who had experienced homelessness and who were or are living on the street were interviewed. The participants were contacted with the help of Linda Dumont, editor of Alberta Street News. Interviews took about an hour, and participants were paid an honorarium of \$20 for their time. Copies of the interviews were submitted to Alberta Street News for publication over a period of months in 2014.

The research team consisted of John Whittaker, retired professor and senior consultant with Paradigm Consultants Ltd., Edmonton. Nancy Gibson, Senior Researcher with CI-ETCanada (McGill University) advised on methods, and Carrielynn Lund, an experienced researcher, conducted the interviews and contributed to the analysis and report.

The results reflect the blend of

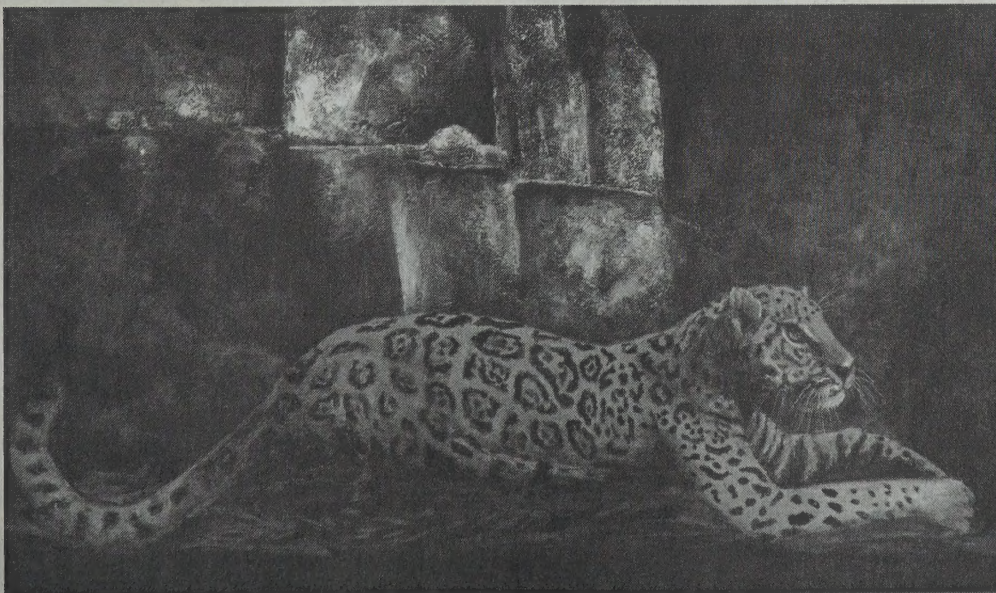
hardship and resilience, of daily courage and challenge that characterises the high risk of life on the street. Many services are in place and well-used, and the participants appreciate the kindness of many Edmontonians and the City Police. The recommendations reflect the need to strengthen the philosophical shift towards more accepting and non-judgmental approaches.

Once the interviews were completed, and with the permission of the participants, the data was analysed for themes. The first theme, daily living, illustrated the common pattern of regular routines and priorities in each day. The theme of finding food was not viewed by the participants as a problem because of the wide range of meal providers in the downtown area. For the participants, keeping warm was an accepted part of life in a winter city. They described a full range of income strategies. Other themes, such as finding a place to sleep, emphasized the generosity of Edmontonians who helped with contributions or places to camp. Safety on the street was a constant risk, and participants carried their few possessions in their back packs, and often provided safety for each other in friendship circles.

Attitudes towards police were consistently positive. Family support, another theme, revealed complex patterns of relationships, sometimes supportive and sometimes not. Finally, social relationships are a key strategy for support and survival. Gaps identified by the participants led to the recommendations from this study:

1. To provide more opportunities/ places for gathering together in the day time.
2. To provide day time educational and/or social activities.
3. To re-examine the current housing policy to support shared accommodation.
4. To develop more ways to consult and include street people in policy and program development.

These recommendations were then discussed with five managers of service providing organizations. The insights and observations of the managers generally reinforce and embellish the recommendations. The principal conclusion of the study is that the persistent gap is the social one; of a homeless person's need for companionship and caring. The recommendations are directed toward filling that gap.



Art From the Unknown

October 23, 24, and 25 at the Centre for Performing Arts. An art show sponsored by Rachel Notley, MLA to bring together unknown artists to show and sell their work.

Left: Resting Jaguar by Linda Dumont, Acrylic on canvas. Prints and cards available. Dumont's work will be shown at Art From the Unknown.



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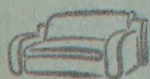
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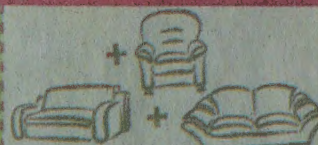
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